

BBQ Chicken Pizza

with Pepper, Onion and Rocket



HELLO CHEESE

It takes around 9 pints of milk to make one pound of cheese.





Diced Chicken Thigh





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Mozzarella





C

Plain White Pizza Base

BBQ Sauce



Rocket





• 3



Our fruit and veggies need a little wash before you use them! Make sure you've got a Frying Pan, Large Baking Tray and Mixing Bowl. Now, let's get cooking!



FRY THE CHICKEN

Preheat your oven to 200°C. Heat a drizzle of oil in a frying pan on high heat. When hot, add the chicken and stir-fry until golden all over, 4-5 mins. Season with salt and pepper then remove the pan from the heat.
IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



PREP

Meanwhile, halve, peel and thinly slice the red onion. Halve the pepper and discard the core and seeds. Slice into thin strips. Drain the mozzarella and tear into small pieces.



Z ASSEMBLE THE PIZZA

Put the pizza base on a large baking tray. Use the back of a spoon to spread the BBQ sauce evenly all over the base, then arrange the chicken, onion and pepper on top. Scatter over the mozzarella evenly.

2 - 4 PEOPLE INGREDIENTS In order of use

	2P	3P	4P
Diced Chicken Thigh	140g	210g	280g
Red Onion	1	1	2
Green Pepper	1	2	2
Mozzarella 7)	1 ball	1½ balls	2 balls
Plain White Pizza Base 13)	1	2	2
BBQ Sauce 13)	1 sachet	1½ sachets	2 sachets
Rocket	1 bag	1½ bags	2 bags

	PER SERVING 431G	100G
Energy (kcal) (kJ)	678 2835	157 658
Fat (g)	25	6
Sat. Fat (g)	11	3
Carbohydrate (g)	69	16
Sugars (g)	12	3
Protein (g)	45	10
Salt (g)	4.15	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

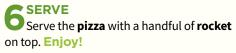


4 BAKE! Pop the **pizza** on the top shelf of your oven to bake until the **cheese** is melted and bubbly and the base is crisp, 10-15 mins.



5 FINISH UP While the **pizza** is in the oven, pop the **rocket** in a mixing bowl and toss together with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.





(3) Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



60 Worship St, London EC2A 2EZ

